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Common Sense Treatment

For Consumption and Lung Troubles.

There is a great deal appearing in print at present regarding the universal effort to check the increasing ravages of the dread disease of tuberculosis, commonly known as consumption. A noted doctor who has made this branch of human ailment his especial study and who conducted the famous open air camps for consumptives in the pine forests of Maine, in a recent interview gave some very interesting comments on this subject. He says: **that the treatment of consumption is very simple but that it must be continuous and diligently pursued by the patient and if this is done it is sure to cure in the primary stages and frequently even where far advanced.** The main part of the treatment is exercise and the constant inhaling of pure fresh air into the lungs in such a manner as to force it into the deepest cavity and air cells of that organ.

This can be done by the habit of breathing drawing in the abdomen and expanding the lungs to their fullest capacity and then exhaling

slowly. This at first will cause a little dizziness but with a few days' practice will entirely disappear. He also advises the use of a mucous membrane stimulant and says for this latter there is nothing known to science to equal the oil obtained from the pine tree. There is now an oil of this kind which is condensed and purified. It is known to the profession as the Concentrated oil of pine. The doctor gives his famous formula for the use of this oil combined with a blood stimulant and tonic. This formula is very simple and the ingredients can be obtained from any good drug store and easily mixed at home.

It is as follows: "Half ounce of Concentrated oil of pine; two ounces of glycerine and a full half pint of first class whiskey; these must be mixed by shaking them thoroughly and used in tablespoon doses every four hours." The only caution necessary to be sure to get the genuine "Concentrated" oil of pine as there are numerous patent medicines sold under similar names put out by chemical firms. The Concentrated oil of pine is put up for dispensing in half ounce vials only and enclosed in a screw top box which is designed to retain all the original ozone.

This treatment if adhered to closely, will give the patient every advantage of campers in the pine forest while enjoying all the comforts of home.

The doctor also spoke very emphatically on the foolishness of permitting a cough or cold to linger. He says that the majority of cases of consumption don't have their origin in heredity but in a neglected cold or cough that has weakened the lungs and rendered them unable to resist the attacks of the tubercle germ to which exists in the air of our cities almost constantly. The doctor also states that the above formula is the best known to science for the quick relief and cure of colds and coughs, frequently effecting a complete cure of a cough or cold in a day if used as the prescription directs.

AN INSIDIOUS DISEASE.

One of the worst features of kidney trouble is that it is an insidious disease and before the victim realizes his danger he may have a fatal malady. Take Foley's Kidney Cure at the first sign of trouble as it corrects irregularities and prevents Bright's disease and diabetes. T. F. Laurin, Owl Drug Store.

Don't Put Off.

For to-morrow what you can do today. If you put off buying a bottle of Ballard's Snow Liniment, when that pain comes you won't have any, buy a bottle today. A positive cure for Rheumatism, Burns, Cuts, Sprains, Contracted Muscles, etc. T. S. Graham, Prairie Grove, Ark., writes: "I wish to thank you for the good results I received from Snow Liniment. It positively cured me of Rheumatism after others had failed." Sold by Hart's Drug Store.

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CLATSOP TEACHERS' INSTITUTE

HOW THE SHRINERS ARE TO BE TAKEN CARE OF IN THE GOLDEN STATE ON THEIR VISIT IN MAY.

At 9 o'clock yesterday morning the teachers of Clatsop county, with their visiting colleagues, assembled at the Shively school building in this city, in annual institute, the assemblage being under the professional guidance of Miss Emma C. Warren, county superintendent of Clatsop and city Superintendent A. L. Clark, of this city.

Among the guests from abroad yesterday were Professor L. R. Traver, of Portland; Professor L. R. Alderman, of McMinnville; and it is quite certain that today will bring State Superintendent J. H. Ackerman, of Salem, Dr. J. M. Holt, Hon. W. K. Newell, of Dilley, and other notables. Organization and registration were the features of the first hour of the convention and these perfected, the course of the work as outlined in the official program of the institute was taken up and disposed of with zeal and abundant interest.

Among the initial items of the day's work was an able paper on languages, by Miss Constable, of the Olney school, the essence of which was the extraordinary need of apt and concise handling of the mother tongue at all times and the necessity for qualifying the daily use of speech upon the best possible basis and clinging to it religiously as a means of perfect acquirement. After the reading of the paper a general argument ensued upon its leading features and was indulged in by Professors Alderman, Garman and Miss Hulse and others.

Professor Traver gave a very interesting talk on Reading, its tests and qualities, and went to the fundamentals in thorough fashion, leaving his auditors pleased and enlightened when he closed. He also dealt largely with the true exposition of numbers and afforded those who listened the best and simplest application of the art and its bearings.

Mrs. Fulton, of the McClure school, followed with an exceedingly interesting paper on "Primary Reading," and illustrated her points and methods by a clever use of the blackboard. She brought out all the values inherent in the study and impressed them clearly upon the appreciative minds of her colleagues, to all of which they responded with every evidence of interest.

Music was invoked to enliven the session a bit and later on Mr. Traver delivered a special talk on "Points in School Life" in which he classified the pupils into recognizable groups; and touched upon the preparedness of teachers and the apportionment of the studies of the day.

The assembly then adjourned over the luncheon hour, meeting again at 1:30 o'clock p. m.

The afternoon session was opened by Superintendent Miss Warren, and in the absence of Mr. E. D. Ressler, Professor A. L. Clark, head of the Astoria schools, delivered an interesting talk on "Language Preparation for the High School." He laid down the principle that most of the use of language is gained before the entrance of the child to the school room; and that this was learned largely in the home, and from the playmates of the child, and was often faulty; that associations have a direct tendency to influence language, and that language itself is, practically, a habit; that it was a special duty of the teacher to make the child relinquish what of bad habit it had acquired in this relation, to guide the pupil in the proper expression of its thought, and that this was true, or should be, the chief aim of the lower grades, as in all other fundamental work.

This was followed by remarks at large by very many of the teachers and served to amplify the interesting topic so well advanced by Professor Clark.

Mr. L. R. Alderman gave a fine illustration of the qualities of "Citizenship" in the course of which he declared that the great mass of the people was not taking any interest whatever in civil government, to which was due, in a large measure, the immense latitude of civic corruption; that the teacher had it in his and her power to fend against this state of affairs by inculcating in the mind of the child the greater lessons of life and citizenship by careful instruction along the simpler lines of exposition adapted to the childish mind, and to emphasize the matter, told his hearers some of the direct lessons wrought by the stories of present-day corruption.

After a short recess the pupils of the McClure school entertained the teachers with two songs, "Oregon" and "The Four-Leaved Clover," which showed the careful training of Miss Sands and Miss Utzinger.

Little Miss Nyadine Baker then gave

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a charming recitation, "Miss Annabelle McCarty's First Party," and responded with an encore, "Letting the Old Cat Die."

Mr. Alderman followed with a talk on "How the Teacher May Improve." He defined the successful teacher as one who satisfies a wise superintendent, and named, as essentials:

First, neatness; second, well grounded in work; third, planning for the future; fourth, interested in everything that interests boys and girls.

The institute then adjourned until 9 o'clock this, Thursday, morning.

The friends of education are invited to attend any or all of the sessions of the Teachers' Institute now being held in the Shively school building on Friday afternoon. The parents are especially invited to examine the work of the pupils of the Astoria schools now on exhibition at the Institute.

The following are the ladies and gentlemen in attendance at the Institute and representing the municipal school system of this city:

Mrs. A. L. Fulton, Miss Helen W. Dickinson, Miss Dora Badollet, Miss Ethel D. Constable, Mrs. A. E. Hudson, Miss Alice M. Goddard, Miss Lena

Lum, Miss Florence Reynolds, Miss Amy Holmes, Miss Katherine Sinnott, Miss Lillie Lewis, Miss Mary Garner, Miss Mary Dealey, Miss Laura Fastabund, Mrs. Jennie Bussey, Miss Ethel Blinn, Miss Jessie Sands, Miss May Utzinger, Miss Kathryn Shively, Miss Lucy Morton, Miss Clara G. Barker, Miss Nellie Gerding, Miss Martha Paldanius, Miss Esther E. Anderson, Mrs. M. G. Barry, Miss A. M. Powell, Mrs. Mary E. Lemon, Mr. I. N. Garman, Superintendent A. L. Clark, Mr. C. F. Wilcott, Mr. S. K. Diebel, Miss S. Elizabeth Norberg, Miss J. G. Hulse, Miss Ellen M. Nowlen, Miss Marie Ellefsen, Miss Grace Morton, Miss Anna S. Olsen, Miss Blodwen Davis, Miss Esther Larson, Miss Rose A. Matson, Miss Ruth Fitch, Miss Carrie E. Short and Miss Nellie Anderson.

And the following are the names of the teachers from the schools of Clatsop county, outside the city who are registered at the Institute:

Miss Maude Yoder, Miss Beatrice L. Robinson, Mrs. E. I. Endicott, Miss Ida Yoder and Mr. J. W. Allen, of Seaside; Mr. J. T. Lee, Miss E. V. Hess and Mrs. Hattie McCready, of Warrenton; Virginia Keene, of Albert;

Miss Rose O. West, of Clatsop; Sophie M. Anderson and Ethel Gending, of Svenson; Karen Lauridsen, of Fern Hill; Miss Minnie Lewis, of Hamlet; Miss Anne Lewis, of Olney; Miss Mabel C. Stevens, of Knappa; Elsie Conklin, of Clifton; E. L. Keesel, Cora L. V. Johnson and Linnie Small, of Hammond.

A CARD.

This is to certify that all druggists are authorized to refund your money if Foley's Honey and Tar fails to cure your cough or cold. It stops the cough, heals the lungs, and prevents serious results from a cold. Cures laryngitis, and prevents pneumonia and consumption. Contains no opiates. The genuine is in a yellow package. Refuse substitutes. T. F. Laurin.

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2:30 Sharp

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